

Jump Start

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Junior Willis (USA), Carolyn Robinson (USA), Rick Robinson (USA) & The
Epilepsy Fundraiser Attendees in Charleston - November 2007
音樂: Jumpin' - Keke Palmer



Start: 32 counts into music (at vocals)

Rock, Walk, Walk, Mambo cross, Left Vine Weave with flip

&1-2 Step back on L, walk forward R, walk forward L
3&4 Rock out to R on R, step L in place, cross step R over L
5&6& Step L out to L, step R behind L, step L out to L, step R across L
7&8 Step L out to L, step R behind L, step L out to L while kicking R slightly out to R

Step, Behind, Triple Lock Step w/ ¼ R, Step, Lock, Step, Mambo cross w/ ¼ L

1-2 Step R out to R, step L behind R
3&4 Step R forward with ¼ turn to R, lock step L behind R, step R forward
5-6& Step L forward, lock step R behind L, step L forward
7&8 Rock R out to R making ¼ turn to L, step L in place, cross step R over L

Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch

1&2 Rock L out to L, step R in place, step L next to R
3&4 Rock forward on R, step L in place, step R next to L
5&6 Turn both toes out, turn both heels out, turn both toes out
(feet should be moving apart from each other during this set of steps)
7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch

Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel

1-2 Touch ball of R forward while doing a forward body roll
3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L
(be sure and shake your booty during these twists!!!)
5&6 Kick R forward, place R next to L, place L heel forward (weight still on R)
&7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way
back over the R foot and looking to the R (leaving weight on R)

Begin again.....

One Restart:

Occurs on the 4th wall, do the first 16 counts of the dance and begin again....

We had a great time putting this dance together at the 2nd Annual Epilepsy Foundation Fundraiser in Charleston, SC. We took the last hour of the day and all the attendees worked with myself and Carolyn and Rick Robinson to create this dance!!

Hope you enjoy it.....